

The No-Choice Plan

A simple, practical system to finally get unstuck

The Inner Lab

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Why we get stuck (a quick recap)

If you've watched my videos, this will feel familiar. But it's worth understanding the root cause of why we get stuck in the first place.

You don't feel stuck because you're lazy or unmotivated.

You feel stuck because:

- You have a **clear intent**
- But your **thoughts, emotions, and actions** (let's call these your 'system') aren't **aligned** with that intent

Every time you try to show up for what you want, something hijacks you:

- Doubt
- Overthinking
- Old fears
- "I'll do it later" logic

Here's the key insight:

Your system is actually working perfectly... just for an old goal.

As you grew up, your system optimized for goals like:

- Staying safe
- Avoiding failure
- Protecting your reputation
- Not rocking the boat

So when you try to pursue *new* goals as an adult, your system pulls you back toward what once kept you safe i.e. your old goal.

That's why effort feels hard.

That's why motivation fades.

That's why you loop.

To get unstuck, you don't need more willpower.

You need to **upgrade the system** your mind is running on. You need to rewire your system from your new goal.

That's exactly what the No-Choice Plan does.

What the No-Choice Plan is (and how it works)

Most of us already know what to do. Our inner GPS isn't broken.

Examples:

- Want to lose fat? → Eat better, move more, be consistent
- Want to write a book? → Sit down and write everyday
- Want to change careers? → Learn skills, apply, show up

The problem doesn't start with clarity.

It starts **at the moment of action.**

Right before you act, your mind steps in:

- "Do it later."
- "You've tried before."
- "This probably won't work."

And if we believe those thoughts (and it's hard not to), we're stuck again. Not taking action.

So here is what is actually happening:

The mind hijacks action **when there is room for choice.**

The moment you pause and think before acting, the system takes over optimizing for your old goal.

📄 So the No-Choice Plan does something very simple:

It removes thinking at the point of action - by removing choice.

So what's left is no debating. No negotiating. No checking how you feel.

Just action.

This is the most practical way I've found to realign your system with your new goals.

The more often you take action without getting hijacked, **the more aligned you feel after you act.**

Over time, that sense of alignment starts to replace the fear and anxiety you once felt. This is how the system slowly rewires itself to point toward your new goals.

And when that happens, it's magical. This becomes who you are now. Action feels natural, aligned, and almost effortless.

No-Choice Plan: 5 simple steps

01

Choose a goal you're stuck on

It can be anything:

- Losing weight
- Starting a side hustle
- Writing consistently
- Changing careers

If you're stuck on it, your system is likely optimized for an old goal that conflicts with this one.

Once you're aware that this is what is happening, you realize that you're not incompetent or undisciplined. You just need to upgrade your system!

02

Break it into repeatable actions

Big goals feel overwhelming.

Systems don't.

Ask yourself:

If I wanted to achieve this in the next 6–12 months, what would I need to do weekly?

The exact timeline isn't the point... what matters is understanding the kind of effort and time commitment this goal will actually require.

For instance, if these are your goals and you want to achieve them in 6 months, this is what you'd need to do consistently.

- **Lose 5kg of fat in 6 months**
- Strength train 2x/week
- Meet 10K steps daily
- Eat better meals
- **Launch side hustle in 6 months**
- 2-hour focused work sessions, 3x/week

It's important to create repeatable, time-boxed windows of "showing up" even if you don't yet know exactly what you'll do in that window.

Most goals don't require perfect clarity upfront. They require consistent presence.

03

Schedule the actions

Now we make it real.

If we know a goal is important to us, we need to align the time, effort, and priority to make it happen. The act of scheduling does exactly that.

This answers the question of *when* you'll make time for what actually matters — your new goals — which is a critical step in removing thinking at the moment of action.

- Schedule these actions into your calendar for the **coming** week. Spend 30–60 minutes planning your week
- Add a **15-30 minute buffer** to each scheduled action to account for real life
- Always plan **next week during the current week**

The goal isn't perfection. It's intention.

04

Remove choice at the point of action (this is the core)

Now that we've solved for the "when," we're on to the most important part of the No Choice Plan.

We now remove every excuse your mind could use.

If there's one thing you commit to doing every single day, make it this. It's been the single biggest reason I've been able to move forward on goals I felt deeply stuck on.

Every evening:

- **Block 15-minutes in your calendar.** You can call it something like "Plan tomorrow's schedule"
- In this time, review the next day's calendar (the actions you had scheduled for the week)
- For each important block, clarify:
 - **When** you'll do it (this is already decided but things come up so adjust if something genuinely came up)
 - **What** you'll do (be specific as to what you aim to accomplish in this time-block. I put this in the calendar event description)
 - **How** you'll do it (a simple, clear approach - doesn't need to be perfect)
 - **Where** you'll do it (home, gym, office — decide in advance)
 - What **prep** is needed (gym clothes out, laptop charged, notes ready)

For example, if I've scheduled a block to work on a blog post, this is what it looks like:

1. **When:** A 2-hour block already on my calendar. (I double check this works for me).
2. **What:** Complete research for the post
3. **How:** Create a rough outline, research each section, save key references
4. **Where:** At home (I'll be with my daughters that day)
5. **Prep:** Pull up notes from last week's research. Make sure a play date is set up for my daughter.

Yes, this takes effort... the first time. But every time you do this, it gets easier and faster. A little planning saves you from a full-blown mental hijack. And most importantly, it moves you forward.

Over time, this becomes second nature.

Personally, I do this in Google Calendar and add notes inside each event. At night, I quickly sanity-check the next day.

Your goal is simple:

Leave no room for thinking tomorrow.

05

Make this your system

- **Sunday:** Plan your week (30 minutes)
- **Every night:** Review the next day (15 minutes)
- **Then:** Just show up

Over time:

- Friction drops
- Action becomes automatic
- Momentum builds

Your system starts to learn that *this is who you are* by watching you consistently take action toward your new goals. Over time, the old thoughts and emotions get replaced by what you feel after showing up.

With enough repetition, the system rewires itself and friction drops.

Eventually, you become an efficient, aligned **super system**, one that moves toward its new goals with far less friction and effort.

Tips to make it stick

If you want this system to be a success, these are the four main things you need to do without fail:

Plan your week on Sunday

Decide once. No daily debating.

Review tomorrow every night

Most important! Adjust then, not at the moment of action.

Prep the night before

Gym clothes out. Laptop charged. Notes ready. Make showing up the easiest option.

Make your first task a win

Always start your day completing your first planned action! This will keep the momentum high for the rest of the day.

Optional

One thing that has also helped me is this... every time you show up, just journal 1–2 lines on how you feel. It can be in your phone notes or a small diary.

That reassurance really helps the rewiring process go faster.

Why this works

At first, you act *despite* how you feel.

But as you keep doing so, your old system evolves to point at your new goals more efficiently. You replace your old thoughts and feelings with those you feel *after* you show up.

This is how your system rewires.

Through repeated, choice-free action.

That's who you become.



I hope this helps you get unstuck, the way it did for me.

Here's to a life with more freedom ✨

If you want to connect or have questions, you can write to me at saachi.pole@gmail.com

You can also subscribe to my weekly newsletter here: www.saachipole.com ✨